

2017 SaveMaker Goalie Camp

Fundamentals Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:00am: Check In	8:00am: Check In	8:00am: Check In	8:00am: Check In	8:00am: Check In
8:15-8:40am: Off-Ice Warm up	8:15-8:40am: Off-Ice Warm up	8:15-8:40am: Off-Ice Warm up	8:15-8:40am: Off-Ice Warm up	8:15-8:40am: Off-Ice Warm up
9:00-10:30am: On-Ice - Fundamental and Save Techniques	9:00-10:30am: On-Ice - Fundamental and Save Techniques	9:00-10:30am: On-Ice - Fundamental and Save Techniques	9:00-10:30am: On-Ice - Fundamental and Save Techniques	9:00-10:30am: On-Ice - Fundamental and Save Techniques
10:45-11:45am: Off-Ice Conditioning - Athletic Development	10:45-11:45am: Off-Ice Conditioning - Yoga - Bring Yoga Mat and towel	10:45-11:45am: Off-Ice Conditioning - Athletic Development	10:45-11:45am: Off-Ice Conditioning - Yoga - Bring Yoga Mat and towel	10:45-11:45am: Off-Ice Conditioning - Athletic Development
12:00-12:45pm: Classroom Development - Video and Goalie Seminars	12:00-12:45pm: Vaughn Hockey Demonstration	12:00-12:45pm: Classroom Development - Video and Goalie Seminars	12:00-12:45pm: Classroom Development - Video and Goalie Seminars	12:00-12:45pm: Classroom Development - Video and Goalie Seminars
12:45pm: Non-lunch group check out	12:45pm: Non-lunch group check out	12:45pm: Non-lunch group check out	12:45pm: Non-lunch group check out	12:45pm: Lunch for lunch group and Snack on their own for non-lunch group
1:15pm: Lunch group check out	1:15pm: Lunch group check out	1:15pm: Lunch group check out	1:15pm: Lunch group check out	Sport Psych Presentation (1:00 - 2:00 pm) Parents highly encouraged to attend
				2:00pm: All players checkout